

# UCI Wellness

## THE REST AND REVIVE CHALLENGE

### WEEK 3 : SLEEP

Did you know that sleep can help improve your emotional well-being? According to the American Academy of Sleep Medicine, more than 70 million Americans are completely unaware that they could be getting better sleep. Inadequate sleep can cause impaired memory and thought processes, depression, increase perception of pain, and decreased immune response.

So how much sleep do you really need? Well that depends. As you get older, the amount of sleep you need changes. Kids need a lot for brain development and to help their bodies grow. Sleep is just as important for adults, however they do need a bit less, around 7 to 8 hours per night.

We know that getting a good night's sleep isn't easy, so here are some tips to help:

- **Make the bedroom just for bed.** Make your bedroom a more restful place by using it exclusively for sleep and quiet activities like reading.
- **Unplug.** Park your phone, tablet, or laptop at a docking station outside the bedroom. After all, you need to recharge, too.
- **Be aware of what you put into your body and how it affects your sleep.** Try not to have any caffeine after lunch and avoid heavy exercise within six hours of your bedtime.

Adapted from: Anthem BlueCross



### THIS WEEK'S WEBINAR

- [Learning to Relax](#)



### THIS WEEK'S TIP

- [Are You Getting Enough Sleep?](#)



### ADDITIONAL RESOURCES

- [How Much Sleep Do You Need?](#)
- [10 Tips for Paying off Your Sleep Debt](#)
- [UCI Wellness: Health and Fitness Friday Recorded Workshop Videos - Sleep Healthy Workshop](#)
- [UC Irvine Health Live Well Blog - Are You Getting Enough Sleep?](#)
- [UC Wellbeing Channel - Sleep Webinars](#)
- [UC Safety Spotlight - Tips for Getting a Good Night's Sleep](#)
- [Kaiser Permanente Podcast – Meditation for Healthful Sleep](#)



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